

Men's 30 & Over Basketball League

Rules – 2005

LEAGUE DESIGN AND LOCAL RULES

1. The Brunswick County Parks and Recreation will organize and oversee all aspects of the league.
2. The Parks and Recreation Department organized this league. The basic concept is to provide the citizens of Brunswick County with needed recreational basketball leagues. The league is not affiliated with any state or national organizations.
3. In the 30 & over league, players must be at least 30 years old by the first game to play in this league. If there is a question, proof of age will be required to play. **Games will be played at South Brunswick Middle School.**
4. Team rosters must be turned in by the 3rd game of the season. If no roster is filed then the team in violation will forfeit. Players cannot be added to the roster once it has been turned in. There will be no exceptions.
5. Teams may have 20 players on the roster. If an illegal player is found, all games in which they played will be forfeited with no refund of the entry fee. The Athletic Coordinator will make the final decisions regarding the legality of the player.
6. **Game times will be 7:15pm and 8:30pm. There will be a ten-minute grace period for the first game only.** If a game ends early, the following teams can start early if both captains agree.
7. **A team may start a game with 4 players, but must have 5 players before halftime or the game will be called a forfeit. (The 5th player must enter the game before the halftime horn)**
8. Games will have two halves of **20** minutes each, with intermission of **5** minutes between halves. Five minutes will be given to each team to warm-up for their games, time permitting.
 - A. **The game clock shall run continuously, with the exception of foul shots.**
9. The **High School Federation Rule Book** will be used for game procedures unless superseded by local rules. On the sixth personal foul, players will be fouled out of the game. Four time-outs will be allowed per game. Teams will

be awarded two bonus foul shots when opposing team reaches 10 team fouls during a half.

10. Dunking will be allowed **ONLY** during games. No dunking during warm-ups or dead balls. Any dunking during warm-ups or dead balls will result in a team technical foul.
11. On foul shots, players may play the release. Players do not have to wait for the ball to hit the rim to initiate contact with an opposing player.
12. Each team must provide matching, legally numbered jerseys. Teams have until the first game of the season to comply with the rule. No player may participate without a team jersey. **No exceptions.**
13. Any problems that arise will be presented to team managers and recreation supervisors to be decided on.
14. Win/Loss records will decide final season standings. In case of ties, head to head records will apply. If still tied, a coin toss will be used by the Athletic Coordinator to determine standings. Head to head competition will only be for the position in question. The overall league record will determine tournament seating.
15. Players that are on a roster may play in any game including tournament games. There is no minimum number of games any one player must participate in to be eligible for play.
16. Scheduling of games will be done by the Athletic Coordinator. **NO CHANGES WILL BE MADE ONCE ISSUED. IF YOU DO NOT PLAY THEN IT IS A FORFEIT.**
17. Players, family, fans and officials are restricted to the gymnasium. No one is permitted to venture into the hallways or classrooms of South Brunswick Middle School. If caught outside of the gymnasium you will be asked to leave the grounds. This is a request from the school and must be followed. Please don't jeopardize the league by breaking the rules. No food or drinks are allowed in the gymnasium.

CONDUCT AND PROTESTS

1. For continued use of the gyms, the Parks and Recreation Department will Strictly enforce the following rules: **Any player or spectator, who damages the gyms in any way, WILL BE LIABLE. No Smoking, Profanity, Food or Beverages of any kind are allowed in gyms.** No Alcoholic Beverages will

be allowed on school grounds. Citations will be issued by law enforcement officers.

2. Players and coaches are responsible for their actions before, during and after a Game. Any “unsportsmanlike act” committed before, during or after a game should be penalized with ejection. **Any player or coach ejected from a game for any reason will be ineligible for his team’s next two games for first offense. For the second offense, the player or coach will be ineligible for one year from the date the second offense occurred on.** Players or coaches guilty of physical attack or aggression and fighting will be suspended for two years from the date the incident happened on and they also will be banned from all County Athletic Activities during the two years.
3. Any protest of any game must be supported by a legitimate reason along with **A \$75.00 non returnable protest fee.** The protest must be in written form and accompany the \$75.00 fee. The protest must be filed within **24 hours** of the scheduled time of the game, which has been protested. No judgment calls can be protested. The Athletic Coordinator will screen, investigate and decide on any protest. **THE DECISION IS FINAL!**